

International Quality of Life

January is *International Quality of Life Month*. To most people, quality of life is about their income, the house they live in or the kind of school their kids go to, but quality of life also includes your health, both physical and emotional. Challenges such as depression, problems with alcohol, severe anxiety and eating disorders all impact not only your quality of life, but that of those around you - your family, friends and colleagues.

If you're concerned about any of the above issues, challenges, why not take a free, anonymous, online screening for depression, alcohol, anxiety or other quality of life issues this month? The screening program is available on the State of Michigan Employee Service Program website and is offered 24/7. To take your free self-assessment go to <http://www.mentalhealthscreening.org/screening/espmi>. While not diagnostic, the screenings highlight symptoms that are consistent with treatable conditions that may be negatively impacting your quality of life.

Depression and other behavioral health issues are the leading cause of disability in North America and Europe, according to Screening for Mental Health, Inc., a non-profit organization. Make *International Quality of Life Month* a turning point in your health care. Visit www.MentalHealthScreening.org/screening/espmi to learn more and to take a free screening.

Adapted with permission from Screening for Mental Health